



DDSP Child Development Center

September Events!

School is back in session and we're excited about the onset of the new school year. We're also thrilled that September brings us one month closer to moving into the new CDC! We will keep you posted. Don't forget the CDC has an open door policy and we love parent participation. Check with your child's teacher about stopping in to read a story, lead an activity, teach a new game or just to visit. If you have not received a parent handbook, please check with the front desk. As you all know, September is the month that I will be blessed with the birth of my 2nd son. I will be on maternity leave for six weeks. While I'm out, Pat Carey will work in the capacity of CDC Assistant Director from 6:45-8:45; Lori Stroup will be responsible for program operation from 8:45-3:15; and Kirstie Berkheiser will handle closing the facility 3:15-5:30. The CDC will be closed on Monday the 1st for Labor Day. Picture Day is Tuesday the 9th. Please see your child's teacher for details.

Record-Keeping



When signing your child in ensure that you list a phone number where you can be reached. Just a few record-keeping issues to address this month: if your address, home/work/cell phone number, or emergency designee information changes, please update in your child's records. This can be done at the front desk. When filling out basic care forms include the name of the item, the amount/frequency/location of application, start/stop dates and a sponsor's signature. These forms must be updated monthly.

Summer to Fall Fun!

Although swim days are over until next summer, we will continue indoor water activities, nature walks, bike day, etc. Don't forget to check your child's lesson plans for specifics or see your child's teacher. With all of this indoor and outdoor play make sure you provide a change of clothes for your child to include socks and shoes. If your child has an accident or needs a change of clothes for any reason and he/she doesn't have a change of clothes, you will be contacted and required to bring a change of clothes. For safety reasons, open-toe shoes are not permitted at the CDC. Also, you will need to continue to provide sunscreen for your child. Any sunscreen you choose will suit, as long as it does not include insect repellent. When you bring in the sunscreen, you are required to fill out a basic care form, which is available at the front desk.

Important Information

We are searching for volunteers to assist with the Parent Advisory Council (PAC) beginning in the fall of 2003. Each classroom/ age group is usually represented by at least one parent. For details, please see me! Please sign and return incident/unusual occurrence forms to your child's teacher. A copy may be provided to parents upon request.

Contact

Information

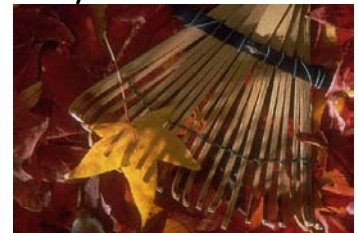
During my absence, please refer questions and/or suggestions to Lori Stroup. Her office hours are 8:45-3:15 Monday-Friday. You can reach her at (717) 770-7360 or by email at Lori.Stroup@dla.mil.

Mrs. MaryAnn Jordan (CDC Director)



Important Information:

- ☺ **Reminder: Payments are due the 1st and 15th of every month. If payments are not received by the fifth working day, a late fee of \$15.00 will be assessed.**
- ☺ **Please remember to take sheets and blankets home to be laundered every Friday.**



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From the Coordinator-

The CDC monthly newsletter can now be viewed on the DDSP Home Page. The web address is <http://ddsphome>. Click on the Quality of Life (QOL). When this page comes up, click on Child Development Center to pull up the newsletter. Click on the Child Development Center box. You can add this link to your favorites for easier access to this information monthly. Please let us know how you like the format. We hope that you find it more convenient and user friendly.

Dear Parents.

Updates on the MILCON

The project is moving along nicely and we are still projected to move into the new facility by Christmas. You can see the landscaping and playgrounds taking shape as you drive by the site. Work continues to progress inside the building painting, carpeting, flooring and all the finishing touches remain to be completed.

September Events

Needs Survey

Please take time to fill out our annual needs survey for this year. Obtain copies at the programs or go on the DDSP home page (<https://ddsphome>, click on On-Line CYDS Survey at the top of the page on the banner) and complete it on the web. Please return these via the web at <https://ddsphome>; or by mailing them to Brenda Twigg, DDSP-HF, 2001 Mission Drive Suite 1, New Cumberland; inter office mail to Brenda Twigg, DDSP-HF; or fax to 770-4246. These surveys will help determine hours of operation for the new facility.

CDS Newsletter

The CDC monthly newsletter can now be viewed on the DDSP Home Page. The web address is <http://ddsphome>. Click on the Quality of Life (QOL). When this page comes up, click on Child Development Center to pull up the newsletter. Click on the Child Development Center box. You can add this link to your favorites for easier access to this information monthly. Please let us know how you like the format. We hope that you find it more convenient and user friendly.

POC

BRENDA K. TWIGG

There are many firsts in children's lives: first tooth, first word, first step, and, of course, the first day of school. It's always a little scary facing a new classroom, new children and a new environment all alone. As a parent, you know that separating from children at such times can cause a little angst in you as well. Fortunately, there are many things you can do to make it easier and more fun for everyone concerned.

Find comfort in the familiar:

New places and people don't seem nearly so imposing once we get to know them. Visiting the new school or classroom before the first day is well worth the extra effort. Toddlers and younger children will most likely need you to stay in the room for a while as they adjust.

Talk about what to expect:

This is not the time to oversell the experience by making it sound like a day at Disneyland. But you can tell the kids how the day will unfold. They will get to play with favorite toys, learn new things, and listen to stories and share snacks and lunch with

friends. Remember to emphasize reuniting at the end of the day and comparing notes on your experience.

Provide Emotional Safety:

A sense of safety is established early when parents attend to their children's needs. Encourage your child to ask questions, display emotion and share feelings with you about the new experience.

Good-bye rituals:

Good-byes may not always be pleasant, but they must always occur. It is not helpful to sneak away even if your child seems engrossed in an activity. Security begins with a good-bye and the knowledge that you will return. Establish some rituals such as good-bye waves, special handshakes and kisses. Some children are comforted if they bring something from home, such as a picture of the family.

Best Buddies:

Friendships are critical to children. Make an effort to support at least one friend who your child can look forward to seeing at school. If possible, invite the child home for a play date or a sleepover.

Talk to the teacher:

Build a relationship with your child's teacher. Tell her the important things about your child and family and ask how you can be involved.

Read Stories:

There are many good books to share with children. Here are just a few:

- The Kissing Hand, by Audrey Penn. This soothing story about a little raccoon leaving for his first day of school can give you ideas on ways to part with your child.
- My First Day at Pre-school, by Edwina Riddell. Daily life at preschool can be a lot of fun, and this book proves it. Read about familiar friends going to school. You can't miss with these books.
- Clifford's School House, by Norman Bridwell
- Franklin Goes to School, by Paulette Bourgeois
- Arthur Goes to School, by Marc Brown



From home to school:
The REALLY
BIG
Transition



Lost-and-Found Box

Every home should have a lost-and-found box. It's a handy place for children and adults to put things when they've been misplaced. This activity helps children learn responsibility and helps parents keep the house picked up. Let children decorate the box with contact paper and stickers on their or their own drawings. Every once in a while, sort the items and deliver them to where they belong.

Tuna and Rice Croquettes

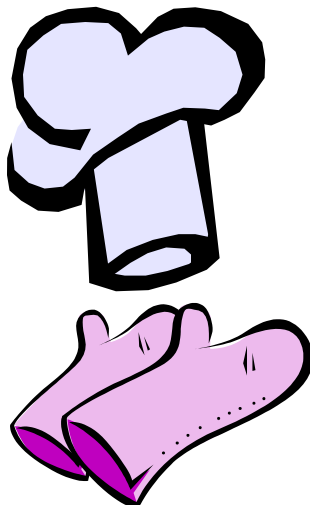
- 1 egg, separated
- 1 can tuna (6 1/2-oz.), flaked
- 1 cup cooked brown rice
- 2 Tbsp. Minced onions
- 1 tsp. Lemon juice
- 1/2 tsp. Salt
- 1/8 tsp. Pepper
- 3/4 cup breadcrumbs

Combine the slightly beaten egg yolk with tuna. Add rice and seasonings. Chill. Just before shaping, fold in stiffly beaten egg white. Shape into 8 patties. Roll in breadcrumbs. Bake at 350 degrees for 30 minutes. Serve this nutritious dish with tomato or cheese sauce and a fresh salad.



Small Muscle Workout

Arrange a few medium-size bowls on a table covered with newspaper. Fill the bowls with water that is tinted with food coloring. Give your smock-covered child a turkey baster and let her transfer colored water from one container to another. Seeing that yellow mixed with blue creates green is a great discovery. This is also a great activity for small muscles. Use an eyedropper instead of a baster for older children, and let them create a different color for each section of an egg carton. Eyedroppers can be purchased at drugstores.



personal parenting



Crayon Cups

Take the paper off of small, leftover bits of crayons. Place the crayons in muffin tins coated with non-stick spray. You can mix the colors or make crayon cups in varying shades of primary colors. Place the muffin tin in an oven preheated to 250 degrees. Turn the oven off when the crayons begin to melt. Let them cool in the oven and then remove them from the muffin tins for a new supply of chunky crayons. An adult must supervise this activity

**Take this quiz, and
decide if you are well on
your way to getting an A+
in family fun or if there
are things you could do to
lighten up the day.**

Do you know at least two riddles or jokes that bring on smiles and giggles?

- Can you remember the last time you had a pillow fight or a tug of war?
- Have you played the game, "I love you more than...?"
- Is there a comic strip in the newspaper that makes you think of your family?
- Do you patiently answer, "Who's there?" to every knock-knock joke?
- Do you share a special handshake, or sign of affection?

Which do you do most often-get mad or get silly?, give "the eye" or a high five?

- Are parties and celebrations something to look forward to?
- Do you read humorous books or the comics together?
- Have you used humor to make painful moments and events less stressful?
- What's the most fun birthday party your family has participated in?
- Do you or your pets and their antics provide comic relief?

When have you seen a funny movie together?



A DOZEN BOOKS TO TICKLE THE FUNNY BONE!

***Don't Wake Up Mama!* By E. Christlelow**

***Lilly's Purple Plastic Purse,* by K. Henkes**

***The Sneeze,* by D. Lloyd**

***There Was An Old Lady Who Swallowed a Fly,* by S. Tadback**

***Two Bad Ants,* by C. Van Allsburg**

***How Do Dinosaurs Say Goodnight?* by J.
Yolen**

***The Napping House,* by J. Wood**

***Mrs. McNoss Hangs Up Her Wash,* by S. Weeks**

***The Stinky Cheese Man and Other Stories,* by J. Scieszka**

***Miss Nelson is Missing!* By H. Allard & J. Marshall**

***The Giant Jam Sandwich,* by J. V. Lord**

***Good Families Don't,* by R. Munsch & A. Daniel**

What is your Family Fun Factor?



Where is Thumbkin?

Where is thumbkin?

Where is thumbkin? (Hide hands behind back)

Here I am (Bring out one hand)

Here I am (Bring out the other hand)

How are you today, sir? (Nod one thumb)

Very well, I thank you. (Nod the other thumb)

Run away, run away. (Hide thumbs again behind back)

Repeat using "Pointer", "Tall Man", "Ring Man", and "Pinkie" instead of Thumbkin)



All Of Me

See my eyes. (Point to eyes)

See my nose. (Point to nose)

See my chin. (Touch chin)

See my toes. (Touch toes)

See my waist. (Hands on waist)

See my knees. (Touch a knee)

Now you have seen all of me! (Raise arms)

Tap, Tap

Point your toe. Go tap, tap, tap. (Tap toe)

Press your fingers. Snap, snap, snap. (Snap fingers)

Make your hands go, clap, clap, clap. (Clap hands)

Now it's time to take a nap. (Put hands together, lay head on hands)



The Ball

Bounce a ball against a wall. (Toss ball up to wall)

Bounce it on the ground. (Bounce ball on ground)

Toss it high in the air. (Throw ball straight up)

And catch it when it comes down. (Hands together catching ball)

Family Advocacy Program-FAP Facts

The DDSP Family Advocacy Program (FAP) has been holding monthly drop-in sessions at CDC and SAS for patrons, but it seems that pick up time is a rushed and hectic time for you. So we will be including items of interest to CDC patrons in this monthly newsletter. We thought we'd give you a little information about the Family Advocacy Program in this issue. The FAP Manager is Rick Pedzwater (770-7066), who has a Master's degree in Social Work and has worked at DDSP for 14 years. His assistant is Kathleen Rauhauser (770-3130), who has Master's degree in Human Services. Kathy comes to DDSP with 31 years experience at the welfare office and most recently was a disability advocate.

DID YOU KNOW THE FAMILY ADVOCACY PROGRAM HAS...? DID YOU KNOW THE FAMILY ADVOCACY PROGRAM HAS...?

Monthly Lunch 'n' Learn Sessions on a variety of personal adjustment and wellness issues to improve your work and family life coping skills.

■ **A licensed, experienced social worker** to meet with you by phone or in person to make recommendations on how you can address the personal or family-related issues that life presents, usually by referring you to free-of-charge counseling or support groups.

■ **Web-based information** on medical, family, legal, and financial matters. Visit Federal Occupational Health's DLA Life Connections at www.worklife4you.com. When prompted for a screen name, type in DLA, then enter DLA for the password. This is a terrific website for helping you manage your day-to-day responsibilities.

■ **Monthly Eldercare Seminars** to help you deal with the many needs of your elderly loved ones, conducted by an eldercare subject expert.

■ **Monthly drop-in information sessions for parents.** Family Advocacy Program Manager Rick Pedzwater goes to the Child Development Center and School Age Services monthly to meet with parents about their concerns and to distribute information about the monthly topic.

■ **Activity sessions for school-agers.** Counselors from Holy Spirit Hospital's Teenline program come to School Age Services every two weeks during the school year to offer fun and interesting activities to children 8 to 12 on a variety of coping skills.

■ **Crisis services for families at risk of child or spouse abuse.** Whether you are concerned about your own violence of someone you care about, find out about local free services to stop or prevent family or couple violence.

■ **A library of videos and pamphlets.** Over 300 titles on personal and family matters are available to you free of charge. Simply stop at the office or call for a mail-out.

The above services are free of charge and open to all military and DLA employees and their family members. The services listed below are only for military personnel and their family members.

◆ **Weekly preschool play groups.** For military parents and their children birth to five. Play groups meet Tuesday evenings at 1730 and Thursday mornings at 0930. It's a fun way to meet other parents and have fun with your children.

◆ **ParentWorks In Home Services.** Military families could have a parent aide from ParentWorks come to your home on a regular basis, free-of-charge, to help you with organizing and managing your household, budgeting, or parenting concerns.

◆ **Respite Care.** If you need brief, temporary free-of-charge childcare due to illness, medical appointments, or family stress, call Rick Pedzwater at 770-7066 for details.

◆ **Enrollment of special needs family members.** Each branch of military service has an Exceptional Family Member Program, which makes it mandatory for service members with family members who have special physical, emotional, intellectual, or educational needs to enroll for assignment purposes.

For more information about these services, contact Rick Pedzwater at (FAP) at 770-7066 or email at rick.pedzwater@dla.mil.

Infant Room News

Hi Parents! We can't believe our summer is about over. It has gone by so quickly,

We would like to wish Madison Armstrong a very Happy 1st Birthday! We would like to welcome Ethan Cook to our Infant Room. We would like to say a fond farewell to William Wilson who has moved on to the Pretoddler Room, we wish him well.

The center will be closed Monday September 1st to observe Labor Day! We want to wish you a safe and fun Labor Day!

Bye for now,

Infant Room Staff,

Ms. Darlene, Ms. Charlene, Ms. Belinda & Ms. Alicia



Monthly Milestones

Gross Motor:

1. Rolling over
2. Sitting up
3. Pulling up

Fine Motor:

1. Holding rattle
2. Pincer grasp
3. Opening fist

Language Skills:

1. Repeating sounds
2. Cooing

Social/Emotional Skills:

1. Playing alone for short periods
2. Recognizing familiar faces

Individualism:

1. Holding own bottle
2. Sitting in the highchair
3. Using a cup

Pretoddler Room News

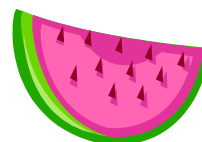
As we end another summer of fun and start another school year, we would like to say good-bye to Julie Stuart who has moved on to the Toddler room and to Xavier Potts who will be moving with his family to Boston. We wish them both well.

We would like to welcome Rachel Beattie and William Wilson to the Pretoddler room, they come to us from the Infant room.

Please check your child's cubby for seasonal changes of clothing since the weather will become cooler. We will be doing several new activities this month, please check your child's daily lesson plan.

Talk to you again next month!

Ms. Shirley, Ms. Sonia and Ms. Linda



Monthly Milestones

Gross Motor:

1. Climbing mats
2. Push/pull riding toys
3. Rolling/throwing a ball

Fine Motor:

1. Hand/eye coordination
2. Grasping small objects
3. Using our fingers

Communication:

1. Repeating sounds and words
2. Begin to follow simple directions
3. Responding when your name is called

Cognitive:

1. Recognizing sounds
2. Identifying simple objects
3. Recognizing familiar people

Social-Emotional:

1. Develop a sense of belonging
2. Playing beside others
3. Adjusting to daily routines

Self-Help:

1. Feeding ourselves
2. Learning to use a spoon/cup
3. Sitting in a chair

Toddler Room News

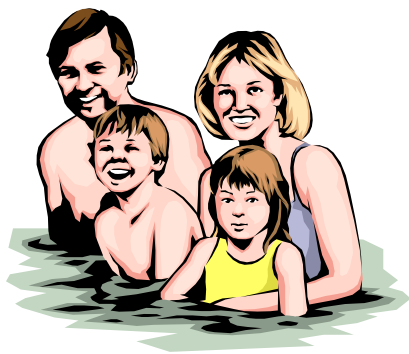
Happy September Greetings from the Toddler room. It's that time already, back to school. We hope you had lots of summer fun.

In the month of September we will be working on holding our crayons and scissors correctly, having fun singing short songs and bringing our spoon to the food.

We welcome Julie Stewart, Errika Fry and Dwayne Wilson to the Toddler room. Sad goodbyes go out to Adam Kalo, Katelynn Smith and Cameron Bartlett who have moved on to the Preschool room.

Talk to you again next month.

Pat & Nicky



Monthly Milestones

Gross Motor:

1. Removing clothing with assistance
2. Pushes, pulls and carries objects when walking
3. Standing on one foot with assistance

Fine Motor:

1. Holding pencils/crayons correctly
2. Holding scissors correctly
3. Drawing/painting/imitating circular/vertical/horizontal strokes

Communication:

1. Repeating two numbers
2. Saying our first and last names
3. Singing short songs

Cognitive:

1. Finding hidden objects
2. Using nestling cups sequentially
3. Recognizing/pointing to six body parts on a doll

Social-Personal:

1. Helping others to do a task
2. Allowing aggressive behavior to be redirected
3. Sharing something with another

Self-Help Development

1. Bringing spoon to food
2. Resolving play conflicts positively
3. Pride in own accomplishments

Preschool Room News

Wow, it's September already! The weather will be changing and we will be discussing seasons with our children. Please provide weather appropriate clothing in your child's cubby.

We would like to say Thank you to John Ewell and his crew at the Post Restaurant for supplying us with a wonderful End of Summer Picnic. I know everyone had a blast!

Please refer to your child's lesson plans for further important information. We will not have swim and bike days anymore.

I need to make a correction from an error on last month's room news. We would like to welcome Adam Kalo, Katelynn Smith and Cameron Bartlett to our room. They are joining us from the Toddler room. Kayla Bracket and Kyle Roberson are not moving at this time and my apologies for the misprint last month.

We would like to say goodbye to Jaleh Javadpour and Gabriella Donato. They are moving on to the Prekindergarten room. We will miss them. We would also like to say goodbye to Benjamin Warndahl. Good luck to him in his new school!

We would like to wish a Happy 3rd Birthday to Collin Duncan on September 5th and a Happy 3rd Birthday to Hailey Harms on September 23rd and a Happy 3rd Birthday to Cameron Bartlett on September 27th.

The center will be closed to observe Labor Day on Monday September 1st. Enjoy!

Kristin & Elba

Monthly Milestones

Gross Motor:

1. Jumps off low surfaces and over objects with control
2. Runs with control over speed and directions

Fine Motor:

1. Traces a circle
2. Uses scissors correctly

Cognitive:

1. Recognizes differences in sizes
2. Begins to learn the daily schedule by sequence

Communication:

1. Follows two to three step directions
2. Speaks in expanded sentences

Creative:

1. Holds pencil/pen correctly
2. Draws suns

Imagination:

1. Pretends by replaying familiar routines
2. Uses exciting, danger-packed themes

Prekindergarten

Room News

Hello from Pre-K,

In September we will continue to have the Bike days every Friday. Please remember to bring your child a helmet it is a requirement for your child to ride.

We would like to welcome Gabriella Donato and Jaleh Javadpour to our Pre-K room.

With cooler temperatures here this is just a reminder, please remember to stock up your child's cubby with extra clothes and a sheet/blanket for naptime.

The center will be closed Monday September 1st to observe Labor Day. Have a fun and safe holiday!

Ms. Cathy & Ms. Mary Lou



Monthly Milestones

Gross Motor:

1. Walks backwards heel-toe
2. Jumps forward ten times without falling

Fine Motor:

1. Cuts on a line continuously
2. Copies square

Pre-academic Skills:

1. Points to names six colors
2. Does seven piece puzzles

Cognitive Skills:

1. Sorts objects by appearance
2. Recognizes differences in sizes

Language Skills:

1. Tells about something using past and future tenses
2. Asks "How" questions

Social Skills:

1. Plays roles confidently in dramatic play
2. Resolves play conflicts in a positive manner

Kinder Care

Enrichment News

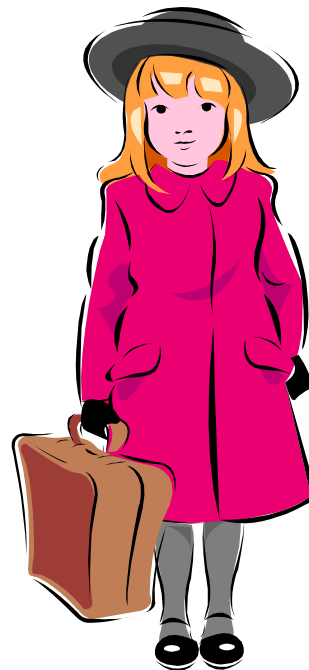
Greetings from Kinder Care,

I would like to give a warm welcome to all of the new Kindergarteners.

We are planning a great year full of exciting activities. In September our themes will include, "Nuts about Names", "Going Fishy" "Motor Skills Week" and "Apple Extravaganza." On Fridays the Kindergarteners have the opportunity to go to the School Age Computer Lab from 1:00-3:00pm. What a great opportunity for learning.

Parents, please feel free to speak to me about any questions or concerns. Have a great September!

Ms. Kirstie





**Hours of Operation:
Child Development Center
&**

School Age Child Care

Monday - Friday
6:45 a.m. - 5:15 p.m.

**Youth Development
Services**

Monday – Thursday
5:15 p.m.– 7:15 p.m.

Friday
5:15 p.m.- 8:00 p.m.

Saturday
12:00 p.m.- 8:00 p.m.

DDSP-HF
2001 Mission Drive
Building 351
New Cumberland, PA 17070

CDC:
Phone: 770-7360/770-7525
Fax: 770-8420

SAS/YS:
Phone: 770-6768
Fax: 770-6468

Children are our business!

The DDSP Child Development Center offers care to children of Department of Defense employees. Our program fosters development of the physical, social-emotional, language and intellectual areas for your child. The Child Development Center located at building 351 on Avenue A, provides care for children six weeks through kindergarten.

The School Age Child Care program, located at building 286 on J Avenue, provides a recreational program for the children six years through twelve years. The recreational programs follows the 4 service areas:

Sports and fitness, arts and recreation, life skills and citizenship and mentoring and intervention services.

Youth Development Services also offers an evening and Saturday program for children six years (and attending first grade) through eighteen years of age.

For more information please contact Laura at (717) 770-6768.

